



# AREA I

## Alcohol and Drug Control Office Newsletter

### JUNE 2007



#### LEADER UPDATES

**CHANGE IN ADAPT SCHEDULE** Due to reduction in staffing and to support leadership at all levels, the Alcohol and Drug Abuse Prevention Training (ADAPT) classes will be held Thursday and Friday vs. Friday and Saturday effective with the 21 - 22 June class. Additionally, class times have changed to 1300-1700 on Thursdays and 0830-1700 on Fridays to accommodate soldiers using bus transportation from Camp Stanley. All classes will be held at the Camp Casey ASAP training room. Please call our office at 730-4144 or check this newsletter for correct ADAPT dates.

**ALCOHOL AND SEX** What are the sexual effects of alcohol? There is an intimate relationship between sex and alcohol in our culture. It is commonly believed that alcohol is an aphrodisiac. In reality, there are many serious negative sexual consequences of drinking too much and drinking too often. Research shows that even after a few drinks, sexual response is reduced. In large amounts, alcohol makes sex difficult to impossible. In moderate amounts, alcohol can have an impact on engaging in risky sexual behavior. As drinking increases, both men and women will experience a reduction in sexual arousal. Men may have difficulty getting erections, and both men and women may have difficulty experiencing orgasms. At this point, it is unknown if these sexual effects are irreversible. Risky sexual behavior can also lead to sexually transmitted diseases, unwanted pregnancies, HIV, and AIDS. Remember that your drinking behavior like your sexual behavior carries some risk. Drink responsibly and make responsible sexual decisions.

**DON'T LET ALCOHOL PUT A CHILL ON YOUR SUMMER** Warm, long, sunny days are coming and provide many opportunities for recreation and relaxation, but when mixed with alcohol, these activities can turn dangerous and even deadly. Drinking alcohol causes a loss of inhibitions which leads to aggressiveness, poor judgment, and reckless movements in the water while boating, swimming, and diving. Drinking is a factor in 80% of boating fatalities, 38% of drowning deaths (40-50% for young males), and 40-50% of diving injuries. Alcohol consumption can rapidly dehydrate you, raise your blood pressure, increase your chances for hypoglycemia interfering with your body's temperature regulation, and contribute to heat prostration or stroke.

#### UPL CERTIFICATION TRAINING

11-15 June, 0830-1630

16-20 July, 0830-1630

Building S-0802 (across from the Camp Casey TMC)  
Call 730-4779/4765 to reserve a seat

#### ALCOHOLICS ANONYMOUS

Cp Casey Reach Out Group-Red Cross Building

Mon & Wed @ 2030, Fri @ 1800 Bldg # 2317

POC: Jake at 010-6870-1831

Camp Stanley Group- Camp Stanley ASAP Clinic

Tues & Fri @ 1745, Bldg 2425

POC: Alan at 010-6871-1855

Camp Red Cloud Group - CRC Troop Medical Clinic

Thursdays @ 1745, Bldg S-306; POC: Ian at 010-2660-5870

Seoul USO - USO Camp Kim

Mon through Sat @ 1830; POC: Ron at 011-9765-2983

Seoul International Lutheran Church - Wed @ 2100 & Sun @ 1930

Seoul International Catholic Church - Sun @ 1530

Camp Humphreys - Freedom Chapel, Bldg 701 Kitchen

Wed & Sat @ 1900-2000

Osan - Main Base Chapel - Sun & Mon @ 1900-2000

Suwon - PIP Classroom

Thurs @ 1900-2000

For additional AA information, please go to [www.aainkorea.org](http://www.aainkorea.org)  
or call 02-319-5861 for help.

#### ADAPT CLASSES

Thursday (1300-1700) & Friday (0830-1700)

21 - 22 June

28 - 29 June

12 - 13 July

26 - 27 July

All classes at Camp Casey ASAP Clinic; duty uniform

#### POINTS OF CONTACT

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Education Spec/EAP Coordinator 730-4144

Ms. Cheri Okuda [cheri.okuda@korea.army.mil](mailto:cheri.okuda@korea.army.mil)  
Risk Reduction Program Coordinator 730-4287

Mr. Song Chong [song.chong@korea.army.mil](mailto:song.chong@korea.army.mil)  
Installation Biochemical Testing Coordinator 730-4779  
IBTC FAX 730-4791

#### ASAP CLINICS

Casey (Bldg. S-0802) 730-4172 FAX: 730-4162  
Stanley (Bldg. T-2425) 732-5906 FAX: 732-5658  
Area II ASAP (Yongsan, Bldg 5531) 736-5187  
Area III ASAP (Humphreys, Bldg 742) 753-7367

#### REFERENCES



AR 600-85



EUSA Policy 11



Drug Testing Effectiveness



Unit Training Memo



USFK Policy 8



2ID Policy 8

For power point presentations, lesson plans, and program information, please visit our web site at <http://ima.korea.army.mil/area1/sites/installations/casev.asp>. Check the Army Center for Substance Abuse Program website at <https://www.acsap.army.mil>. Contact the Area II or Area III ASAP for a copy of their newsletter.